Preliminary Amendment U.S. National Stage of PCT/JP2003/012795 January 27, 2006 Page 4

Amendments to the Claims

The following listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

Claims 1 and 2 (canceled)

3. (new) A pillow, comprising:

two side panels removably attached to each other along a generally straight first seam to receive the head of a user therein; and

a bottom panel for supporting the neck of the user and removably attached to the side panels along a second seam that is substantially perpendicular to the first seam.

- 4. (new) The pillow of claim 3, wherein the side panels are each formed with an indentation abutting the first seam for receiving the head of the user therein.
- 5. (new) The pillow of claim 1, further comprising:
 adjustable fasteners attached to two or more of the panels for engaging one another to adjust the pillow.
- 6. (new) The pillow of claim 1, further comprising:

 an insert received at the intersection of the seams to support the head of the user.